

THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

Live Healthy Kids

Introducing Healthful Foods To High School Students
Through Hands-on, Interactive Food Preparation

The Partnership

Nelsonville-York High School is located in Athens County, Ohio. Three separate “Foods and Fitness” classes were selected to participate



The Challenge

To reduce childhood obesity in children aged 13-18 through improved nutrition education.

- Two-thirds of Americans are overweight.
- Thirty-six percent of adults and 17% of children are obese.
- In Athens County, 21% of children are obese.

Partner Organization
Live Healthy Appalachia



The Project

Curriculum based from Live Healthy Appalachia’s Live Healthy Kids Program.

- Educate high-school students about the relationship between food choices and disease prevention.
- Encourage the natural curiosity and creativity to be the foundation of learning.
- Provide students with the life skill of food preparation through hands-on, interactive experience.
- Introduce healthful foods through the traditions and arts of different cultures.



Impact

- 43 students served
- Strong relationships established
- Exposure to whole foods including: Eggplant, Pineapple, Quinoa, Bulgur Wheat



Student Feedback

“Thank-you for giving us the opportunity to do this program. It’s been a lot of fun. And I’ve eaten things I honestly never would have tried.”

-Ashlyn

“Thanks for showing me and teaching me about new types of food. Everything you showed me will help me make better food decisions.”

-Micah

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